



## Winter Newsletter 2023

Can you believe we are half way through the year? It's chilly outside but there's the promise of longer days ahead. I hope this newsletter finds you and your loved ones safe, warm and well.

### Our news

We celebrated our 9<sup>th</sup> birthday in May. We are looking forward to celebrating our 10<sup>th</sup> anniversary in style next year.

We have been busy, which we are very grateful for, despite the challenges of the last few years. Thank you for your ongoing support and loyalty!

We are proudly independent and locally owned. We also are proud of our personalised friendly service and continuity of care (you always see the same audiologist). My colleague Brenna Sincock covers for me when I am away or unavailable. You're never just a number with us. We thank you for recommending us to others. We truly appreciate it. 😊

### Don't forget to bring your loved ones!

We are client-focused and family-centred and encourage you to bring your significant other or family/whanau member/support person to your appointment with us. They are always welcome, and we enjoy seeing them too 😊



### It's not all about your ears!

Hearing health is about so much more than your ears—it can affect your social-emotional, cognitive, and physical well-being. Growing evidence shows that not only are these three aspects connected, but that hearing rehabilitation can provide benefits to your overall well-being.

Many studies have shown that hearing aids not only assist hearing but also help maintain a person's independence, emotional and physical health, mental abilities, among other benefits. Continuing to live a full, active life helps keep your brain active.



Hearing aids can reduce the brain's "cognitive load" - the less mental energy our brain needs to spend on one thing (listening and making sense of what we hear), the more energy it has for other things (maintaining balance, remembering what is said, continuing the conversation with confidence, etc). Not hearing well can be mentally draining! Being unsure of what is said in conversation can reduce confidence, and nobody wants that. Addressing hearing loss by detecting and treating hearing issues is one of the modifiable risk factors for minimising the chances of developing dementia and/or cognitive decline later in life.

## Landline phone trouble?



Despite well-fitted hearing aids, sometimes people still have trouble hearing with their landline phones. Local Hearing Therapist Debbie Williams from Your Way/Kia Roha has phones that you can try. She is based at Selway House, 149 Papanui Road, Merivale and can be contacted on 021 562 362 or email [debbie.williams@yourwaykiaroha.nz](mailto:debbie.williams@yourwaykiaroha.nz). The website for Your Way/Kia Roha is [www.yourwaykiaroha.nz](http://www.yourwaykiaroha.nz). Let her know I referred you 😊

## Travel tips 😊

Seems like many people we see are about to head away on holiday or are planning to do so. Lucky people! Remember if you are travelling with a recharger, you should have this in your **carry-on baggage**, not in your checked in luggage. If you pack this in your checked in baggage you may find it has been confiscated when you get to your destination 😞. Also, remember to check your travel insurance policy in relation to hearing aids, as domestic contents insurance cover for your aids does not normally cover if you go overseas if your aids come to grief or get lost.



## Updates from manufacturers



Most of the main hearing aid manufacturers have released new products this year. One manufacturer has released a product that can help make handling, wind and hair noise less noticeable. Manufacturers are always trying to find ways to assist with speech understanding and reduce listening effort in various listening environments. Some are improving their aids to be more slimline and some have improved their charger design. Some have developed products that try and 'ultra focus' in on sounds in front of the listener rather than from the sides and behind. Rechargeable aids are becoming increasingly popular but battery-operated aids are still available for most models.

We try very hard to match the hearing technology that best suits your hearing needs, ear size and shape, dexterity and other factors, within your budget. Being independent, we are proud to be able to offer and select from a wide range of hearing aid devices to specifically suit each client.

## A final word...

We are only a phone call away if you need our help.

**Quote for the month: "One kind word can warm three winter months"** (Japanese Proverb)

Regards

Carolyn & Jo

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